



MID-JERSEY PEDIATRICS

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STREP THROAT

Group A Streptococcus is a bacteria that cause strep throat and requires antibiotics to prevent the possible complication of rheumatic fever (heart disease).

Diagnosis

Strep throat can be diagnosed by two methods. Our practitioners routinely perform rapid strep tests in our office. This test can be done in seven minutes and provide an immediate diagnosis. There is a 3% chance that the rapid test is inaccurate, therefore an overnight throat culture is done on all negative rapid strep tests. If your child's overnight culture is positive you will be notified by our office and a prescription will be called into your local pharmacy.

Antibiotics

Your child has been given antibiotics to treat the infection. It is important to finish all the medicine and not stop when the symptoms go away. Try not to forget any doses. Even though your child will feel better in a few days, give the antibiotic for 10 days as recommended by the American Heart Association.

A long-acting penicillin (Bicillin) injection can be given if your child refuses oral medicines or if it will be impossible for you to give the oral medicine regularly. If given correctly, the oral penicillin works just as rapidly and effectively as a shot).

Local Pain Relief

Older children can gargle with warm saltwater (1 teaspoon of salt per 4oz. water). Ice cream, ices or sherbet will also soothe the throat. Since swollen tonsils can make some foods hard to swallow, provide your child with a soft, bland diet for a few days. Tylenol or Motrin may be given if your child has a fever or a great deal of throat discomfort.

Contagiousness

Your child is no longer contagious after he or she has taken the antibiotic for 24 hours. Therefore your child can return to school after one day if he or she is feeling better and temperature has been normal for 24 hours.

Household Contacts

Strep throat can spread to others in the family. Any child or adult who lives in your home and has a fever, sore throat, headache, vomiting or doesn't want to eat within the next 5 days should be tested for strep. In most homes only those who are sick need to be cultured.

CALL OUR OFFICE IMMEDIATELY IF:

- Your child develops drooling
- Your child develops great difficulty swallowing
- The fever lasts for over 48 hours after starting antibiotics
- You feel your child is getting worse